



Iowa Department of Public Health

Patient-Centered Health Advisory Council

2018 Final Report

Patient-Centered Health Advisory Council Overview

The Iowa Department of Public Health's (IDPH) Patient-Centered Health Advisory Council¹ serves as a key resource for feedback and recommendations to IDPH, the legislature, and other stakeholders on health care transformation initiatives in Iowa. Additionally, the Patient-Centered Health Advisory Council:

- Convenes stakeholders and leaders in Iowa to streamline efforts that support state-level and community-level integration and focus on reducing fragmentation of the health care system.
- Encourages partnerships and synergy between community health care partners in Iowa who are working on new system-level models to provide better health care at lower costs by focusing on shifting from volume to value-based health care.
- Leads discussions on the transformation of the health care system to a patient-centered infrastructure that integrates and coordinates services and supports to address social determinants of health and meets population health goals.
- Provides a venue for education and information gathering for stakeholders and interested parties to learn about emerging health care initiatives across the state.

¹ <http://idph.iowa.gov/ohct/advisory-council>

Patient-Centered Health Advisory Council Membership

Chris Atchison, MPA

Public Member

Melissa K. Bernhardt, DDS

Iowa Dental Association

David Carlyle, MD

Iowa Academy of Family Physicians

Marsha Collins, MPAS, PA-C, CDE

Iowa Physician Assistant Society

Anna Coppola, MPH

Community Advocate

Sarah Dixon, MPA

Iowa Collaborative Safety Net Network

Chris Espersen, MSPH

Independent Healthcare Consultant

Ro Foege

Consumer

Kimberly Hoffman, RDH

Dental Hygienist

Anne Hytrek, MEd, RD, LD, CDE

Academy of Nutrition and Dietetics

Jessie Marks, MD

Child Health Specialty Clinics

Leah McWilliams

Iowa Osteopathic Medical Association

Mary Nelle Trefz

Child and Family Policy Center

Marguerite Oetting, MD

Iowa Chapter of American Academy of Pediatrics

Brenda Payne, PhD, MSCP, ABPP

Iowa Psychological Association

Caitlin Pedati, MD, MPH, FAAP

State Epidemiologist

Susan Pike, MD

University of Iowa Pediatrics

Trina Radske-Suchan

Iowa Physical Therapy Association

Kady Reese, MPH

Iowa Healthcare Collaborative

Peter Reiter, MD, FACP

Internal Medicine

Jann Ricklefs, PhD, RN, CNE

Iowa Nurses Association

Yogesh Shah, MD, MPH

Broadlawns Palliative Care

Shayan Sheybani, DC

Iowa Chiropractic Society

Dave Smith, MD

Iowa Department of Human Services

Bill Stumpf

Disabilities Advocate/Consumer

John Swegle, PharmD, BCPS

Iowa Pharmacy Association

2018 Meeting Summaries and Position Statements

Throughout 2018, the Patient-Centered Health Advisory Council focused their meetings on targeted topics that impact the health of Iowans. These meetings raised awareness and attention around these important issues. Key subject matter experts attended the meetings and educated council members and interested stakeholders about the topic, including the main issues, barriers and successes, particularly related to social determinants of health. The meetings provided a venue for the key stakeholders working on these issues to connect with one another and learn from one other about current initiatives and efforts related to the topic. Council members developed supportive statements and recommendations on these issues. Below are the meeting topics, summaries and position statements.

Brain Health, Cognitive Decline, Dementia, and Alzheimer's Disease

February 16, 2017 at Broadlawns Medical Center

- [Agenda](#)
- [Minutes](#)

Attendees received presentations and discussed the following topics:

- Linda Brown and Susan Callison from the Alzheimer's Association- Greater Iowa Chapter gave an overview of Alzheimer's disease and dementia in Iowa. Data was presented on the growing number of Iowans living with Alzheimer's disease, the main issues and concerns were raised, and a number of initiatives were described.
- Dr. Patty Quinlisk from the Iowa Department of Public Health described a dementia risk reduction quiz called [Save Your Brain](#) that was created by the department to address the increasing rates of cognitive decline and dementia in society today. Individuals can reduce their risk of dementia by up to 70 percent by adopting healthy habits, which this quiz aims to identify.
- Dr. Yogesh Shah from Broadlawns Medical Center presented on mild cognitive impairment, is which the stage between the expected cognitive decline of normal aging and the more serious decline of dementia.
- Dr. Auriel Willette from Iowa State University presented on the relation of obesity and brain health.
- Dr. Natalie Denburg from the University of Iowa presented on the changes that occur with the brain with normal aging.
- Additional agenda items included an update from Iowa Medicaid Enterprise and an overview of TAVHealth, which is a software system to address social determinants of health at a community level.

Position Statements

Policy Focus

The Council supports efforts to integrate brain health into ongoing statewide planning, programs, policies, and initiatives and encourage opportunities to include broad stakeholder engagement.

Clinical Focus

The Council supports patient-centered health care and support services to focus on improving the care of the increasing number of Iowans with cognitive impairment and dementia. This includes accurate and timely diagnosis, increasing access to quality care for individuals and families who require it and increasing overall support for those living with these conditions.

Prevention Focus

The Council understands that certain lifestyle choices, such as physical activity and diet, may help support brain health and prevent dementia. Many of these lifestyle choices have been shown to lower the risk of other diseases, like heart disease and diabetes, which have been linked to dementia. With few drawbacks and plenty of known benefits, healthy lifestyle choices can improve health and possibly protect brain function. The Council supports policies and programs, such as Iowa's [Save Your Brain](#) initiative that promotes the prevention of the disease, and programs that remove the barriers to lifestyle choices that impact brain health.

The Council understands that brains are not just born, they are built. Early experiences and environments shape future growth and development. The first 5 years of a child's life represent a critical window of opportunity to build healthier and more prosperous futures for Iowa's kids. This time period is when brain development is at its most malleable and flexible, offering opportunities to build strong foundations for cognitive, social, and emotional health. However, this is also the most vulnerable period of brain development, putting certain children exposed to stressful childhood events at risk for lifelong problems with development, learning, behavior, and overall health.

Childhood Obesity

May 11, 2017 at Broadlawns Medical Center

- [Agenda](#)
- [Minutes](#)

Attendees received presentations and discussed the following topics:

- Dr. Jennifer Groos from Blank Children's Pediatric Clinic and the Iowa Chapter of the American Academy of Pediatrics outlined the main issues related to childhood obesity.
- Erin Olson from the Iowa Department of Public Health discussed the 5-2-1-0 Healthy Choices Count which is an educational campaign to promote healthy eating and active living for children and families in Iowa.
- Additional agenda items included a summary of the Iowa Medicaid Enterprise MCO Quarterly Reports, an overview of the Managed Care Ombudsman program and the State of Iowa Office of Ombudsman program, an update on Iowa's Medical Assistance Advisory Council (MAAC) from Dave Hudson, who is a co-chair of MAAC, and an IDPH legislative update.

Position Statements

Policy Focus

The Council supports evidence informed efforts to integrate the prevention of childhood obesity into ongoing statewide planning, programs, policies, and initiatives focused on systems and environmental changes and encourages opportunities to include broad stakeholder engagement. We recognize that many children and families face barriers in adopting healthy lifestyles.

Clinical Focus

Clinicians should screen children ages 6 and over for obesity using body mass index (BMI) and offer or refer them to family-centered comprehensive intensive, behavioral interventions. The foundation of childhood obesity treatment is lifestyle modification.

Prevention

Improve the health status of all Iowans by equipping communities and organizations to support healthy weight status and lifestyles by creating supportive environments for healthy eating and physical activity. – Adapted from the mission statement from Iowa's Nutrition and Physical Activity Statewide Strategic Plan².

The Council supports the promotion and advancement of initiatives that aim to improve the health of Iowans such as 5-2-1-0 Healthy Choices Count³ and the Iowa Healthiest State Initiative⁴.

² http://idph.iowa.gov/Portals/1/userfiles/138/Obesity%20Statewide%20Strategy%2C%20Final_v7_17_17.pdf

³ <http://www.iowahealthieststate.com/resources/individuals/5210/>

⁴ <http://www.iowahealthieststate.com/>

Rural Health

August 17, 2017 at the State Hygienic Laboratory in Ankeny

- [Agenda](#)
- [Minutes](#)

Attendees received presentations and discussed the following topics:

- Dr. Keith Mueller from University of Iowa gave an overview of the rural health landscape in Iowa and described challenges and key themes around rural health.
- Dr. Michael Rosmann is a psychologist and farmer from Harlan, Iowa. The presentation focused on mental health in rural Iowa.
- Katie Kenny from the Iowa Primary Care Association and Donald Herbst from Clarinda Regional Health Center described the issues related to rural health access and gave an overview the Iowa Association of Rural Health Clinics and Iowa's Community Health Centers.
- Dennis Tibben from the Iowa Medical Society presented on Iowa's rural physician workforce and issues related to provider shortages.
- Megan Hartwig from the Iowa Department of Public Health gave an overview of Iowa Department of Public Health programs on rural health and presented Telehealth Recommendations developed by the Center for Rural Health and Primary Care Advisory Committee.
- Patrick McGovern from the Iowa Department of Public Health presented on suicide in rural Iowa.

Position Statements

Policy Focus

The Council recognizes that much of Iowa remains rural and supports efforts to integrate rural health into ongoing statewide planning, programs, policies, and initiatives and encourage opportunities to include broad stakeholder engagement. These efforts can be modeled and tailored to Iowa's unique rural landscape after the [CMS Rural Health Strategy](#) strategic areas:

- **Ensuring access to high-quality health care to all Iowans in rural settings.** This includes maintaining the security of health insurance coverage and accessibility of health insurance options including those provided under CMS' programs, and giving people the tools they need to seek the best care for themselves and their families.
- **Addressing the unique economics of providing health care in rural Iowa.** This includes monitoring health care market impacts in rural areas; advising payers including CMS on payments related to health care services furnished in rural areas; reducing regulations and requirements that affect rural areas, where possible; and encouraging rural stakeholders to participate in the rulemaking process.
- **Bringing the rural health care focus to CMS' health care delivery and payment reform initiatives.** This includes engaging stakeholders and rural health care providers on delivery system reform and innovation opportunities.